Claims

- 1. Device for biomechanical stimulation, comprising a base plate, a pedestal connected with said base plate and a platform connected to said pedestal via a driving unit, characterised in that said platform during usage executes a circular or elliptical movement about an axis which is located outside of the centre of gravity of the platform, thereby undergoing a parallel displacement.
- 2. Device according to claim 1, wherein said platform has an ergonomic form and a lower surface area than the surface of the base plate.
- 3. Device according to claim 1, wherein said platform is brought into a circular or elliptical movement by means of an eccentric drive.
- 4. Device according to claim 1, wherein said base plate is fixed by applying a weight.
- 5. Device according to claim 1, wherein wheels are provided for transport of said device.
- 6. Device according to claim 1, wherein said wheels are provided in the vicinity of the connection of pedestal and base plate.
- 7. Device according to claim 1, wherein units for controlling said device are provided at the pedestal.

- 8. Method for biomechanical stimulation of muscles, said method comprising the step of applying biomechanical stimulation by means of a device according to claim 1.
- 9. Method of increasing the blood circulation of a body part, said method comprising the step of increasing said blood circulation by means of a device according to claim 1.
- 10. Method of build-up of muscles, said method comprising the step of building up muscles by means of a device according to claim 1.